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EAST ANGLIAN REGION

Annual Report

OF

St. Andrew's Hospital
Thorpe, Norwich

For the Year Ending 31st December

1951

Roberts Printers (Norwich) Ltd., 30-34 Botolph Street, Norwich.

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EAST ANGLIAN REGION

Group 7, HOSPITAL MANAGEMENT COMMITTEE

ST. ANDREW'S HOSPITAL
THORPE, NORWICH

Annual Report

For the Year Ending 31st December,

1951

THE HOSPITAL MANAGEMENT COMMITTEE

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CONSULTING STAFF

Physicians:

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K. A. LATTER, M.D., M.R.C.P. (Lond.)

W. A. OLIVER, M.B.E., M.D., M.R.C.P. (Lond.)

J. A. CAMPBELL, M.R.C.P. (Lond.)

Surgeons:

C. NOON, O.B.E., F.R.C.S. (Eng.)

N. J. TOWNSLEY, F.R.C.S. (Eng.)

Surgeon, Ear, Nose and Throat:

R. A. HIGHMOOR, F.R.C.S. (Ed)., D.L.O.

Surgeon, Ophthalmic:

W. E. RUTLEDGE, L.R.C.P. & S.(I)., D.O.M.S. (Eng.)

Dental Surgeon:

A. C. DAVIES, L.D.S., R.C.S. (Eng.)

Anæsthetists:

R. A. C. RICE, M.B., B.S. (Lond.), D.A. (Eng.)

A. I. WARD, M.B., B.S. (Lond.), D.A. (Eng.)

K. J. V. CARLSON, M.B., Ch.B. (Bristol).

Radiologist:

J. S. AUSTIN, M.B., Ch.B. (Birm.), D.M.R.E. (Camb.)

Dermatologist:

A. G. SMITH, M.D. (Glas.), F.R.C.S. (Eng.)

OFFICERS
1951

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W. J. McCULLEY, M.B., Ch.B., B.Sc. (Glasgow), D.P.M. (Eng.)

Deputy Medical Superintendent (Consultant Psychiatrist):
J. D. FRASER, M.D. (Glasgow), M.B., Ch.B. (Glasgow), D.P.M. (Dublin)

Senior Hospital Medical Officers:
A. J. F. CROSSLEY, M.B., Ch.B. (Manchester), M.R.C.S. (Eng.), L.R.C.P. (Lond.), D.P.M. (Eng.)
F. BLAKE, M.R.C.S. (Eng.), L.R.C.P. (Lond.)
RUTH E. M. MEIER-BLAAUW, M.D. (Breslau), L.R.C.P. & S. (Edin.)

Senior Registrar:
Vacant

Registrar:
MARGARET EMSLIE, M.B., Ch.B. (Aberd.)

Junior Hospital Medical Officer:
B. PIETOCHA, M.B.E., M.D. (Warsaw)

Senior House Officer:
A. SIMON, M.D.U. (Budapest)

Chaplains:
REV. C. D. PROUD, F.R.G.S.
REV. E. S. FRANCE

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Supplies Officer and Steward:
T. E. PARRY, F.H.A.

Matron:
MISS A. COOMBER, S.R.N., R.M.N.

Chief Male Nurse:
H. HUTCHINGS, S.R.N., R.M.N.

Psychiatric Social Worker:
Vacant

Pharmacist:
H. E. G. TAYLOR, M.P.S.

Engineer and Clerk of Works:
H. J. WYATT, A.M.I.B.E., M.I.H.E.

Farm Bailiff:
F. GRAVELING

EAST ANGLIAN REGIONAL HOSPITAL BOARD

(GROUP 7)

Fourth Report of the Hospital Management Committee appointed under Section 11 of the National Health Service Act, 1946, for the Management and Control of

ST. ANDREW'S HOSPITAL, THORPE, NORWICH

The Management Committee has pleasure in presenting the fourth Annual Report covering the year 1951.

MEETINGS AND VISITS.

Meetings were held as follows:—

Management Committee	... ...	12
Sub-Committees:—Finance	.. ..	14
Farm	... ...	11
Works	... ...	11

Monthly visits of inspection to all parts of the hospital have been made by members of the Committee in compliance with Section 188 of the Lunacy Act, 1890.

CHANGES IN COMMITTEE

We regret that Miss C. E. H. Robertson, Mrs. A. Wood-Hill and Mr. B. A. Holden, all of whom had served since July, 1948, resigned during the year, and we would take this opportunity of recording our appreciation of their services.

Miss M. T. Marsh and Mr. H. T. Davis have been appointed, leaving one vacancy which at present it is not proposed to fill.

ACCOMMODATION FOR PATIENTS.

Discussions have taken place with Officers of the Regional Hospital Board as a result of which there has been some re-arrangement of the hospital's catchment areas. The effect will be to reduce slightly the number of new admissions. Vacancies for a small number of patients have been found at two of the hospitals under the jurisdiction of the Heliesdon Hospital Management Committee. These changes have afforded some relief to the serious overcrowding, particularly amongst the female patients, which has been mentioned in previous reports, but they are only a minor contribution towards the solution of a grave problem.

The total number of admissions (546) in 1951 was again a record and there is no indication that the peak has yet been reached. It was necessary occasionally during 1951 to curtail the admission of voluntary patients; many cases were given special treatment at the hospital as out-patients.

In these circumstances we cannot emphasise too strongly the urgent need for additional beds which can be met only by providing alternative accommodation elsewhere for senile cases or erecting new wards.

FINANCE.

To meet the need for further economy and continually rising costs, considerable cuts have been made in proposed expenditure, particularly upon maintenance of buildings, furniture and furnishings.

It was felt that the provision of a reasonable standard of comfort in the wards occupied by elderly patients, should be delayed no longer and the sum of £500 was therefore expended from Endowment Fund on the purchase of armchairs.

Endowment monies were also used for additional motor-coach excursions, during Norwich Festival Fortnight, when parties of patients were taken to see the decorated streets and buildings. Hard tennis courts for both patients and staff were completed in the early autumn and will come into full use in 1952.

WORKS DEPARTMENT.

Improvements in the interior decorations and the preservation of the exterior of the buildings have been carried on as far as funds would permit. A reduction in the staff of the department has been made for economy reasons.

The following is a summary of the more important items dealt with during the year:—

By Contract:—

External re-painting. female hospital, North side.
External re-painting, farm buildings and estate cottages.
Internal re-painting, Wards A, B, E and F.
Provision of cloakroom for visitors at male hospital.
New steel fire escape, Ward B.
Asphalt treatment to roof of general stores.
Repairs to mosaic floor in entrance hall, female hospital.
Re-wiring electricity circuits at Nurses' Home.

By Direct Labour:—

Internal re-painting, entrance hall and corridors, female hospital.
Internal re-painting, operating theatre and dispensary.
Internal re-painting, Wards 5, 7 and 8.
Internal re-painting, messroom, scullery and occupational therapy room at male hospital.
Re-wiring electricity circuits, operating theatre, male Ward A and female Wards 5 and 7.
Improvements to cow-houses and dairy at West Farm.
Improvements to water-softening plant.
Hot-water radiators fitted in corridors to Wards 5 and 6.
General Office re-painted and fitted with hot-water radiators.
Formica (plastic) tops fitted to dining tables in Wards 3, 5 and 6.

EQUIPMENT PURCHASED AND INSTALLED:—

3 hot-water circulating pumps in Engineer's Department.
Bread-slicing and wrapping machine.
Electrically-driven bacon-slicing machine.
Peerless dual-purpose mixing machine.
Vegetable shredding machine.
Refrigerator in Main Kitchen.
Band-saw machine in workshops.

FARM AND GARDEN.

The very old cow-houses at West Farm have been modernised and fitted with steel stalls, glazed earthenware mangers, water supply, improved ventilation, mechanical milking equipment and the concrete floors have been re-laid to facilitate washing-down and drainage.

The former dairy herd has been replaced by Friesian stock and after initial tests the herd has been registered under the Tuberculin (Attested Herds) Scheme, 1950. The hospital therefore has a supply of certified milk from its own farm which, for the greater part of the year, is adequate for all needs.

The Farm and Garden supplied the following produce to the hospital during the year:—

Vegetables and Fruit to the value of £3,147 17s. 4d.
Potatoes, 168½ tons.
Beef, 46,127 lbs.
Mutton, 5,102 lbs.
Pork, 10,644 lbs.
Milk, 33,895¼ galls.
Eggs, 17,556.
Poultry, 903¼ lbs.

178 pigs were sold through the Ministry of Food scheme bringing in the sum of £3,349 14s. 6d. Sugar beet weighing 232 tons was sold to the British Sugar Corporation for £1,060 5s. 11d.

CAPITAL WORKS.

The two new houses for Medical Officers were well advanced by the end of the year and expected to be ready for occupation early in 1952.

We are glad to report that a Consulting Engineer has been appointed by the Regional Hospital Board in connection with the proposed central heating scheme. A complete survey of the hospital and the engineering plant and services has been made and we hope that this most essential project will be allowed to proceed without delay.

The Board have also agreed to the following:—

Extension to T.B. verandah for male patients, Ward D.
Conversion of male block C to two self-contained wards.
Improvements to sanitary arrangements, female Wards 5 and 6.
New kitchen unit, female Ward 3.

Work on the first two items, by contract, commenced in December.

The Board have included in their programme for 1952-53 the erection of 6 cottages for staff and the connection of 8 existing cottages and 1 house to the main sewage system.

GENERAL.

There has been a disturbing drop in the number of female nurses and we are concerned at the position which may arise if there is not an improvement. At present, the female wards are most inadequately staffed even though a large number of part-time nurses are employed. Numerous advertisements have been issued for both trained and student nurses and the response has been extremely disappointing although we appreciate that the salaries and conditions of service for mental nurses have been improved considerably as a result of Whitley Council decisions.

With the completion of the two new houses for medical officers, accommodation will be available for two senior appointments and there is now a good prospect of having a complete medical staff establishment.

We have drawn the attention of the Regional Hospital Board to the unsatisfactory mortuary accommodation and we hope it will be possible to effect improvements here and to the mortuary chapel.

The Norfolk and Suffolk Hospital Contributors' Association again made a very generous monetary grant for the provision of extra comforts for the patients at Christmas. They also presented a number of indoor games and gramophone records. We wish to express our appreciation of the Association's continued interest in our patients.

Two Officers from the Exchequer and Audit Department visited the hospital from 13th to 17th August but their report had not been received by the end of the year. A team from the Ministry of Health conducted an investigation into the administrative and clerical staff establishment in December. Their report has since been received.

The Joint Consultative Staffs Committee has met regularly during the period covered by this report and we acknowledge its ready co-operation in all matters referred to it.

The report of the Commissioners of the Board of Control on their visit of inspection in October, 1951, was received with considerable pleasure illustrating, as it does, that a high standard has been maintained in the care and treatment of patients notwithstanding the deficiencies and shortcomings of an old hospital such as this. We feel that the report reflects great credit upon the medical, nursing and other staff.

The help and advice of Officials of the East Anglian Regional Hospital Board on many occasions during the year is appreciated.

To the Officers and Staff of the hospital the Committee extend their thanks for loyal and efficient services.

Signed on behalf of the Management Committee.

H. DEACON,

Chairman.

26th March, 1952.

THE MEDICAL SUPERINTENDENT'S ANNUAL REPORT for the year 1951

To the Hospital Management Committee

MR. CHAIRMAN, LADIES AND GENTLEMEN,

I have the honour to submit to you the Annual Report for the year ending 31st December, 1951.

The following table shows the numerical changes which have taken place during the year:—

	M.	F.	Total.
Numbers in the Hospital on 1st January, 1951 ...	520	744	1264
Admitted during the year	234	312	546
Discharged and Transferred during the year:—			
Recovered	40	75	115
Relieved	121	152	273
Not Improved	32	26	58
Total Discharges and Transfers ...	193	253	446
Died	47	57	104
Remaining in Hospital, 31st December, 1951:—			
Health Service Cases	474	746	1220
Service Cases	40	—	40
Total	514	746	1260

The daily average number resident was 505 men, 723 women. a total of 1228 patients, as compared with 1207 during the previous year. The number of patients under treatment during the year was 1810, being an increase of 54 over the previous year. The number of discharges and deaths together exceeded the number of admissions.

Admissions

The number of admissions during the year was 21 more than last year.

Voluntary and Temporary Patients

The number of Voluntary Patients, including regradings to the Status, admitted during the year was 193 males and 231 females being 76% and 70% respectively of the total male and female admissions. The number of Temporary patients admitted was 11.

Sections 20 and 21

During the year 12 male and 14 female patients were admitted under Section 20 and 21 of the Lunacy Act, 1890, and of these 15 remained as Voluntary patients, 2 as Temporary patients and 5 remained under Certificate.

Of the total number of direct admissions, 125 or 23% were 65 years of age and over, and of the patients resident at the end of the year 311 or 25% were of this age group.

Discharges and Transfers

The condition of patients on discharge and transfer was as follows:—

	M.	F.	Total.
Recovered	40	75	115
Improved	121	152	273
Not Improved	32	26	58
	193	253	446

The Recovery Rate, calculated on direct admissions was 17.2% for males, and 24.4% for females, an average of 21.3%.

The Discharge Rate, calculated on the total of admissions was 82.9% for males and 81.1% for females, an average of 81.7%.

Deaths

The number of deaths was 47 males and 57 females, a total of 104 and of these 33 males and 43 females were 65 years of age or over, while 17 patients died within 3 months of admission. The Death Rate calculated in the average daily number resident was 9.3% for males and 7.9% for females, an average of 8.5%.

The Chief Causes of Death were:—

Diseases of the Circulatory System	52
Diseases of the Respiratory System	29
Cerebral Thrombosis	8
Cancer and other Tumours	8
Tuberculosis	5

Inquests

Inquests were held during the year on a Female Voluntary patient, aged 61 years, who died following a fracture of the skull caused by a fall after forcing her way through a lavatory window; a Male Certified patient, aged 57 years, who died following accidental impaction of food in the air passages; and a Female Certified patient, aged 72 years, who committed suicide by strangulation.

Casualties

There were 18 serious casualties during the year. These included 6 fractures of the femur, 5 fractures of the wrist, 1 fracture of the clavicle, 1 fracture of the humerus, 1 fracture of the fibula, 1 fracture of the patella and 1 fracture of the lumber vertebrae.

Health of Patients

The general health and nutrition of the patients continued satisfactory.

The epedemic of Influenza affected the Hospital during the first two months of the year and 61 male and 157 female patients were notified as suffering from this disease, which caused the death of 1 male and 2 female patients. It also accounted for some of the cases of Broncho-pneumonia, 11 males and 14 females notified during the year. There were also 7 cases of Lobar Pneumonia, 3 males and 4 females. Pulmonary Tuberculosis was reported in 5 male patients and 1 female patient. Dysentery of Flexner Z type occurred in 1 male and 6 female patients and Severe Diarrhoea in 2 male and 7 female patients. Erysipelas affected 3 male and 5 female patients. No case of Enteric fever occurred and this may be attributed to the regular innoculation of the patients and staff.

Accommodation

A re-assessment of the statutory accommodation was made by the Regional Hospital Board during the year and the state of accommodation as shown in the returns to the Ministry of Health was as follows:—

	M.	F.	Total.
Numbers on Register, 31st December, 1951 ...	514	746	1260
Statutory Accommodation—			
Day	450	492	942
Night	425	494	919
Deficiency of Accommodation—			
Day	64	254	318
Night	89	252	341

The overcrowding was thus 51% in the Female Hospital and 21% in the Male Hospital.

Additions and Alterations

The two houses for medical staff were begun but not completed before the end of the year.

The division of Male Ward C into two self-contained wards was commenced. The survey of the hospital for Central Heating was carried out by the Regional Board. The present financial position and shortage of building materials preclude for the present any further major building and provision of an Early Treatment Unit is unlikely for some years.

Treatment

The Medical Establishment laid down by the Regional Board has not yet been attained. This deficiency has somewhat curtailed the amount of treatment provided at this hospital, mainly by limiting the extent of individual care and attention which is so important for the patient suffering from mental illness.

Insulin Coma was used in 44 cases of Schizophrenia of whom 29 were discharged, 15 as recovered and 14 as improved.

Electro-Convulsive was extensively used. The unmodified form was administered to 161 patients suffering from various forms of depression and of these 84 were discharged, the majority recovered or greatly improved. A further 32 Out-Patients received this treatment of whom 19 recovered and 10 were much improved.

The modified form of this treatment using Flaxedil, administered by the Consulting Anæsthetist, was given to 41 patients of whom 19 were discharged as recovered or greatly improved. The treatment was also given to 3 Out-Patients, of whom 2 recovered.

The Intensive form of Electro-Convulsive treatment was given with varying benefit to 34 patients mostly chronic and disturbed.

The operation of Pre-frontal Leucotomy was performed on 7 male and 9 female patients, mostly chronic and very disturbed but of the more recent cases 2 males and 2 females were discharged greatly improved.

The other special forms of treatment such as Continuous Narcosis and Narco-Analysis were employed only to a limited extent and the method of Group Therapy has not yet been instituted.

The Physiotherapist carried out 2,521 treatments during the year.

The Chiropodist attended the Hospital for two three-hourly sessions weekly and gave 677 treatments to 148 patients.

Dental Department

Mr. A. C. Davies, L.D.S., continues to attend for one session weekly. The following is a summary of the work done:—

	M.	F.	Total.
Examinations	186	308	494
General Anæsthetics	10	29	39
Local Anæsthetics	73	39	112
Dentures	8	9	17
Repairs to Dentures	8	12	20

There is still very little conservative dental treatment provided.

Laboratory

The number of examinations carried out by this department continued to increase and the following is a summary of the work done:—

Specimens submitted for examination:—

In-Patient	4300
Out-Patient	505
Total	4805

EXAMINATIONS:—

BLOOD: Counts of Red and White Corpuscles, 1,082; Estimations of Hæmoglobin, 431; Agglutinations for Enteric, Dysenteric Infections, etc., 187; Kahn Precipitation tests, 530; Urea estimations, 65; Sugar estimations, 408; Bromide estimations, 50; Corpuscular Volume, 116; Sedimentation Rate of Red Corpuscles, 276; Other examinations including Groupings, Platelet Counts, Hæmograms, Bleeding Time, Coagulation Time, etc., 211.

CEREBRO-SPINAL FLUID: Cultural examinations, 8; Cytological and Microscopical, 63; Chemical examinations, 103; Kahn Precipitation tests, 13; Lange's Gold Sol Curves, 15.

FÆCES: Cultural examination, 464; Chemical examinations, 5; Microscopical examinations, 45; Other examinations, 16.

GASTRIC CONTENTS: Estimations of acid, 4; Chemical examinations, 7; Other examinations, 1.

PUS AND OTHER BODY FLUIDS: Cultural and Microscopical examinations, 12.

SPUTUM: Microscopical examinations, 62.

THROAT SWABS, ETC.: Cultural and Microscopical examinations, 55.

URINE: Cultural examinations, 307; Microscopical examinations, 1,515; Sugar estimations, 85; Chemical examinations (Qualitative), 7,016; Protein estimations, 14; Other examinations, 8.

MILK: Methylene Blue Reduction tests, 22; Phosphatase tests, 8; Fat estimations, 65; Chemical examinations. 28; Other examinations, 14.

ICE-CREAM: Bacteriological examinations, 9; Other examinations, 2.

WATER: Bacteriological investigations, 28; Other examinations, 2.

MISCELLANEOUS: Including Vi Agglutination tests of Sera, Sensitivity tests, Urethral Smears, Glucose tests, Urea Clearance tests, 64.

Total number of examinations, 13,416.

X-Ray Department

The following summary shows the work performed by this department during the year:—

Chest 572, Spine 125, Skull 68, Sinuses 64, Dental 15, Lower Jaw 6, Neck 4, Ribs 8, Shoulder and Upper Arm 19, Elbow, Wrist and Lower Arm 26, Hands and Fingers 26, Pelvis 8, Hip-Joint and Femur 16, Knee 12, Ankle and Lower Leg 20, Foot and Toes 12, Abdomen 12, Gall Bladder 3. Kidney 6, Alimentary Tract 1, Pregnancy 1, Long Muscles 4.

Total number of Examinations, 1,026.

Occupational Therapy

The work of the Occupational Therapy Department continues to increase and an additional Occupational Therapist for the Female patients was appointed during the year.

The number of new patients attending Occupational Therapy classes was 243 and attendances for all patients were as follows:—

Morning	29,617
Afternoon	11,891
Total	41,508

Out-Patient Clinics

The number of new patients and the attendances at the various clinics were as follows:—

Clinic.	New Cases.			Attendances.		
	M.	F.	Total.	M.	F.	Total.
Norfolk and Norwich ...	113	169	282	328	636	964
Great Yarmouth	57	72	129	256	322	578
Lowestoft	25	40	65	78	121	199
St. Andrew's Hospital ...	26	43	69	269	394	663
Total ...	221	324	545	931	1473	2404

These figures show a decrease of 6% in the number of new patients and 9% in attendances.

The number of patients admitted to Hospital from the Clinics was 57 males and 69 females, a total of 126 or 23% of the new patients seen.

Social Work

The decision not to fill the vacancy for a Social Worker left a serious gap in the services of the hospital. This was partly filled by increased help from the Welfare Officers of the Norfolk Public Health Department and acknowledgment is due to Dr. Ruddock-West and his staff for their very full collaboration not only in the field for which they are responsible by statute, but also during the time the patient is actually in hospital. I must, however, again insist that at least one Social Worker should be attached to the hospital and so maintain the regular contact with the medical staff which is so important in this work.

Entertainments

Cinema shows were held weekly in the Main Hall and 16 mm. films were shown in the wards. Concerts, Dances and Whist Drives were given during the winter months and Boat trips and Motor Coach tours were arranged during the summer, with additional outings during the Norwich Festival fortnight. Parties of patients attended the Theatre Royal Pantomime and many male patients attended the Norwich City Football Matches. The Monthly Shopping Evening and Weekly Social Evenings continued throughout the year. The Annual Sports were held in July.

Parole and Leave

Full Parole was given to 50 male and 25 female patients and Parole within the grounds to 105 male and 83 female patients. There was a further increase in the number of patients granted leave.

Official Visits

Dr. J. F. M. Campbell and Miss I. C. Duncan, Commissioners of the Board of Control, visited the Hospital on 17th and 18th October.

Lt.-Col. and Mrs. L. Rushworth Ward, Representatives of the Official Solicitor visited the hospital on 30th May, 1951.

Dr. J. A. D. Skinner, from the Ministry of Pensions, made the annual inspection of Service patients on the 25th June, 1951.

Nursing Staff

The whole-time Female Nursing Staff decreased in number and at the end of the year there were only 28 Registered Nurses, 8 Student Nurses, 11 Assistant Nurses and 20 Ward Orderlies; also 14 Registered Nurses, 45 Assistant Nurses and 1 Ward Orderly working part-time.

The number of Female Student Nurses engaged during the year was 12 but of these 5 left and a further 12 Student Nurses from the previous year's intake also left.

The Male Nursing Staff at the end of the year consisted of 67 Registered Nurses, 20 Student Nurses and 9 Assistant Nurses, all whole-time.

During the year 4 Male Nurses passed the G.N.C. Final Examination for Mental Nurses. No Female Nurse entered for this examination.

Changes of Staff

Dr. A. L. G. Smith, Registrar, left on the 12th April to take up an appointment as Senior Registrar at St. Andrew's Hospital, Northampton.

Dr. M. Emslie took up an appointment as Registrar on 26th October.

Dr. A. Simon was appointed Senior House Officer as from 21st September.

Mrs. S. B .Schwarzmann resigned her post as Social Worker on 28th February.

Pensions

The following members of the Staff retired on pension:—

Arthur George Rump, Nursing Assistant, after 31 years' service.
Margaret Willimott, Cook, after 32 years' service.

Conclusion

The continued increase in the number of senile patients and decrease in the number of whole-time female nurses aggravated still further the difficult conditions in the female hospital where the overcrowding may soon necessitate limitation of admission to voluntary patients although some relief should be obtained from the re-arrangement of catchment areas which came into operation on the 1st January, 1952.

The annual reiteration of the need for a modern treatment unit at this hospital becomes tedious and it is to be hoped that the large capital outlay involved will not lead to indefinite delay by the Regional Hospital Board who are fully aware of the position.

Meanwhile it is our duty to maintain the best service possible within the available accommodation. This calls for sustained effort by everyone and with the existing deficiencies in medical and nursing staff more could be done by the use of additional ancillary staff.

I conclude by recording the loyal support of the Officers and Staff of the Hospital and on their behalf I acknowledge the continued interest and help of the Officers of the Regional Hospital Board and the unremitting efforts of the Chairman and Members of the Management Commitee in our joint endeavour to meet the needs of all who come within the care of this Hospital.

I have the honour to be,

Mr. Chairman, Ladies and Gentlemen,

Your obedient servant,

W. J. McCULLEY,
Medical Superintendent.

27th March, 1952.

REPORT OF THE COMMISSIONERS OF THE BOARD OF CONTROL

St. Andrew's Mental Hospital,

Norwich.

18th October, 1951.

We have paid during yesterday and to-day a most interesting visit to this well administered and progressive hospital. We have been impressed by the successful modernisation of the wards and by the excellent state of decorative repair, throughout the hospital. A large amount of money has been devoted to improving the furnishing in the last few years and in addition in 1951 a sum of £500 from the Amenities Fund was devoted to buying a further supply of armchairs. The bright colours chosen for decorating the woodwork and walls, the attractive curtains, the new furniture and the delightful modern pictures (which have now been hung in all parts of the Hospital) and lavish supply of flowers combine to make the wards both cheerful and attractive. During the past year several pieces of ward equipment of great utility have been acquired:—Several refrigerators for the kitchens of admission and sick wards, trolleys for storing patients' day clothing at night time, trolleys for conveying food from ward kitchens to the dining tables and for removing the used plates, and several toilet trolleys of a type new to us. The last mentioned are used in the sick and infirm dormitories and enable the nurses to give blanket baths and to wash bed patients with the minimum of trouble. These trolleys have warm water tanks, a wash basin and a tank into which the used water can drain and eliminate much of the labour of filling and emptying basins of water.

The lack of central heating is a problem which is at present engaging the attention of the Committee. There is no doubt that the wards must be bitterly cold in the winter and we doubt if the present open fires can provide anything like sufficient warmth in severe weather.

A serious amount of overcrowding exists particularly on the female side and in some of the sick dormitories the beds are pressed close together. There is a deficiency of space by day for 69 men and 250 women and by night for 94 men and 248 women.

In our tour of the wards and departments we believe we have seen all the patients in residence and in addition to conversing with many of them, 3 special interviews were given. We found the patients on the whole quiet and well behaved and neatly dressed. Many of them were most appreciative of the skilled care and treatment they enjoy here. To-day there are 1,226 patients in residence, 499 men and 727 women, of the total 312 are Voluntary and 1 is a temporary patient. In 1950 there were 521 direct admissions of whom 396 came in voluntarily and 13 were those of temporary patients. Four hundred and eleven patients left or were discharged. There is a gravely insufficient number of female nurses and the position gives rise to much concern. The present staff of nurses includes 91 male

and 43 female full-time nurses and 55 female part-time nurses. Nine men and 12 women are always on duty each night. Whilst 62 of the male nurses are certificated or registered only 22 of the whole-time and 14 of the part-time female nurses are similarly qualified. Some relief in the female wards is afforded by the assistance of a number of nursing orderlies and ward orderlies and by several male porters.

The occupational and recreational life of the patients is well looked after. The utility departments employ a large number of the more chronic patients and the occupation therapy departments are well organised and are doing increasingly valuable work. On the female side there are 3 separate centres for different types of patient. One of them is doing a great deal for the more regressed type of patient. Another has developed the adjoining laundry drying ground into a garden with a Pets' Corner at one end. The women are becoming keen gardeners. This centre is attended by about 75 patients of the intermediate type. The third centre is held in a prefabricated hut for the best patients. Adjacent to it is a hard tennis court which is used by the patients attending the centre both for tennis and net ball. The hut itself is the setting of the meeting weekly of the "Social Group." It is hoped that this group will develop into a patients' social club. The entertainment hall is a good one. In it weekly cinema performances are held as well as fortnightly dances and very frequent concerts. During the coming winter the Council for Music in Hospitals is arranging for a whole series of concerts.

Dinner yesterday consisted of roast meat, cabbage and potatoes, with apple pie and sauce as pudding. It seemed an excellent meal and we were glad to find that the meat is carved in the central kitchen. The food is conveyed in insulated containers to the wards. We were impressed by the excellence of the arrangements for distributing the food in the day rooms and also by the way in which bed patients were given their food.

No new equipment has been installed in the laundry in the past year. When expenditure is possible a twin rapid steam press is much needed. No facilities unfortunately exist for the dry cleaning of the better type of male patients suits. It seems a pity that good suits should have to be washed and we have suggested that some might be sent out for dry cleaning.

During 1950, 79 patients died, 44 men and 35 women. The mortality rate is 6.5%. Twenty-five patients died from diseases of the vascular system, 11 from respiratory diseases and 10 from cerebral vascular lesions.

Forty-two post-mortem examinations were made. During 1951 a further 36 men and 48 women died.

Since last visit, 5 inquests have been held. the details of which have already been furnished to our Board.

The general physical health of the patients is good. They are clean and appear to be well nourished.

The relationship between patients and staff is friendly. The standard of nursing care is high and it reflects credit on those responsible for its supervision.

In the early part of this year 224 patients and 10 members of the staff suffered from influenza.

At the time of our visit, 1 female patient was under treatment for dysentery, and 7 men and 4 women are under treatment for tuberculosis. The tuberculosis cases are treated on verandahs and are suitably isolated. Mass radiography is we understand to be undertaken in the near future.

In Ward F.3 and 4 there are 19 typhoid carriers. We discussed with Dr. McCulley the advisability of more adequate isolation for this Group and also for the recent case of dysentery. The routine administration of T.A.B. inoculations continues to be effective in the prevention of the spread of enteric.

The special forms of treatment carried out are E.C.T. with curare or flaxedil. Insulin coma is given to both male and female patients. Narco-analysis and abreaction continue to be used as adjuncts to psychotherapy. Pre-frontal leucotomy has been carried out in a group of specially selected cases.

A full staff of consultants is available from the Norfolk and Norwich Hospital. A dental surgeon visits for 1 session weekly, but only to perform emergency work. A chiropodist visits the female side but none is available for the male side.

Out-Patient Clinics are held at Yarmouth (2 sessions), Norwich (3 sessions), and Lowestoft (1 session a fortnight), and also at St. Andrew's Hospital itself.

We have enjoyed our visit very much and to-day we had the advantage of meeting at luncheon both the Chairman and Vice-Chairman of the Hospital Management Committee and of being able to congratulate them personally on all that has been accomplished in the past year. Dr. McCulley and his Medical Colleagues have been most helpful to us and we must thank them for their assistance.

I. COFFIN DUNCAN
J. FRASER M. CAMPBELL
} *Commissioners of the Board of Control.*

TABLE I.

Showing the Admissions, Re-admissions, Discharges and Deaths during the year ending 31st December, 1951.

	Male.	Female	Total.	Male.	Female	Total.
In the Hospital, 1st January, 1951 ...				520	744	1264
Cases Admitted.						
First Admissions	165	187	352			
Not First Admissions	69	125	194			
Total Cases admitted during the year ...				234	312	546
Total Cases under care during the year				754	1056	1810
Cases Discharged.						
Recovered	40	75	115			
Relieved	121	149	270			
Not Improved	31	21	52			
Transferred to other Hospitals ...	1	8	9			
Died	47	57	104			
Total Cases discharged and died during the year				240	310	550
Remaining in the Hospital, 31st Dec., 1951				514	746	1260
Average number resident during year ...				505	723	1228
Persons Admitted				234	312	546
Persons Recovered				40	75	115
Transferred to this Hospital				2	5	7
Transferred from this Hospital ...				1	8	9

TABLE II.

Showing the Admissions, Discharges and Deaths, with the mean Annual Mortality and Proportion of Recoveries per cent the year ending 31st December, 1951.

Years.	Admission.			Discharged.									Died.			Remaining 31st Dec. in each year.			Average N'mber Resident.			Percentage of Recoveries to Admissions.			Percentage of Deaths to Average Number Resident.		
				Recovered.			Relieved.			Not Improved																	
	Male	Fem.	Total.	Male	Fem.	Tot.	Male	Fem.	Tot.	Male	Fem.	Tot.	Male	Fem.	Tot.	Male	Fem	Tot.	Male	Fem.	Tot.	Male.	Female	Total.	Male.	Female	Total.
From 1850 to 1909	4238	5294	9532	1514	2160	3674	206	256	462	228	366	594	1849	1938	3787												
1910	107	129	236	29	37	66	9	8	17	7	10	17	54	63	117	449	585	1034	438	579	1017	29·59	30·33	30·00	12·32	10·88	11·50
1911	101	127	228	26	51	77	5	8	13	9	13	22	55	59	114	455	581	1036	452	585	1037	28·57	41·46	35·98	12·16	10·08	10·99
1912	102	135	237	25	43	68	3	7	10	32	7	39	52	60	112	445	599	1044	454	589	1043	26·04	34·40	30·76	11·45	10·19	10·74
1913	103	121	224	31	49	80	6	5	11	5	7	12	48	83	131	458	576	1034	449	583	1032	31·63	47·12	39·60	10·69	14·23	12·69
1914	105	99	204	34	30	64	7	5	12	4	8	12	50	55	105	468	577	1045	474	575	1049	39·08	34·48	36·78	10·54	9·56	10·01
*1920	114	630	744	44	81	125	7	9	16	6	7	13	21	28	49	349	519	868	329	493	822	42·30	61·83	53·19	6·38	5·68	5·96
1921	114	121	235	38	55	93	8	12	20	6	3	9	38	47	85	372	522	894	365	523	888	35·18	48·23	41·89	10·41	8·98	9·57
1922	97	135	232	25	60	85	10	5	15	3	3	6	47	51	98	384	537	921	366	525	891	27·47	46·87	38·81	12·84	9·71	10·99
1923	105	195	300	26	63	89	7	11	18	6	3	9	40	37	77	410	618	1028	396	595	991	26·26	40·64	35·03	10·10	6·22	7·77
1924	84	148	232	35	67	102	11	18	29	2	7	9	25	50	75	421	623	1044	413	608	1021	44·30	47·51	46·31	6 05	8·22	7·34
1925	77	141	218	35	68	103	6	11	17	4	4	8	36	42	78	417	636	1053	415	626	1041	50·00	52·71	51·75	8·67	6·70	7·49
1926	103	138	241	37	69	106	5	23	28	2	29	31	28	38	66	445	614	1059	434	639	1073	38·54	51·87	46·28	6·49	5 94	6·15
1927	88	131	219	29	37	66	5	17	22	1	7	8	33	31	64	465	652	1117	452	631	1083	35·36	29·84	32·03	7·30	4·91	5·92
1928	90	115	205	27	58	85	8	11	19	5	4	9	43	29	72	471	664	1135	471	658	1129	31·03	55·23	44·27	9·12	4·40	6·37
1929	85	127	212	20	37	57	8	14	22	...	4	4	43	34	77	484	701	1185	480	675	1155	24·09	31·09	28·21	8·95	5·03	6·66
1930	86	125	211	25	47	72	5	9	14	5	3	8	42	32	74	493	735	1228	489	716	1205	30·48	39·49	35·82	8·59	4·46	6·14
1931	91	139	230	15	44	59	16	99	115	3	12	15	46	42	88	504	677	1181	498	699	1197	17 85	32·83	27 06	9·23	6·00	7·35
1932	81	133	214	23	45	68	72	52	124	2	3	5	33	42	75	455	668	1123	463	667	1130	28·40	33 80	31 70	7 10	6·40	6·60
1933	106	147	253	40	65	105	49	32	81	1	2	3	34	32	66	437	683	1120	451	665	1116	40·00	46·09	43·57	7·54	4·80	5·82
1934	100	136	236	37	73	110	12	37	49	24	4	28	27	36	63	437	669	1106	429	678	1107	38 90	56 20	48·90	6·30	5 30	5·70
1935	122	129	251	28	38	66	45	44	89	3	8	11	36	23	59	447	685	1132	438	683	1121	23·30	29.90	26·70	8·20	3·40	5·30
1936	108	132	240	38	56	94	32	49	81	8	5	13	28	37	65	449	670	1119	451	686	1137	35·85	44.44	40·52	6·21	5·39	5·72
1937	122	157	279	55	73	128	22	30	52	6	6	12	39	34	73	449	684	1133	453	673	1126	48·67	48·03	48·30	8·61	5·05	6·48
1938	94	156	250	45	79	124	9	42	51	9	5	14	25	41	66	454	673	1127	452	679	1131	48·91	52·32	51·03	5·53	6·04	5·83
1939	116	156	272	42	78	120	14	29	43	6	3	9	50	26	76	458	693	1151	454	683	1137	37 50	52·70	46·15	11·01	3·81	6·68
1940	69	130	199	41	89	130	12	29	41	7	3	10	42	43	85	425	659	1084	441	667	1108	59·4	72·9	68·1	9·5	6·4	7·6
1941	88	138	226	17	75	92	14	34	48	7	11	18	47	36	83	428	641	1069	425	652	1077	20·0	56·3	42·2	11·0	5·5	7·7
1942	83	133	216	37	53	90	17	39	56	6	5	11	40	30	70	411	647	1058	413	644	1057	47·4	41·0	43·4	9·6	4·6	6·6
1943	103	161	264	43	87	130	25	31	56	12	8	20	25	24	49	410	658	1068	414	654	1068	42·1	54·0	49·4	6·0	3·6	4·5
1944	88	173	261	27	80	107	23	44	67	12	13	25	21	26	47	418	668	1086	413	667	1080	30.6	47·9	41·9	5·0	3·8	4·3
1945	83	152	235	25	87	112	18	45	63	8	8	16	26	31	57	424	649	1073	421	646	1067	31·6	58·4	49·1	6·1	4·7	5 3
1946	136	223	359	44	80	124	27	53	80	8	15	23	35	37	72	446	687	1133	426	661	1087	33.0	37 2	35.6	8.2	5.6	6.6
1947	147	231	378	30	87	117	68	91	159	15	11	26	20	36	56	460	693	1153	444	682	1126	21.0	38.8	31.9	4.5	5.3	5.0
1948	191	244	435	60	117	177	64	84	148	8	5	13	25	21	46	494	708	1202	466	678	1144	31·6	48·9	41·3	5·4	3·1	4·0
1949	236	278	514	67	97	164	97	112	209	19	15	34	37	39	76	510	721	1231	478	684	1162	28.4	34.9	31.9	7.7	5.7	6 8
1950	216	309	525	40	67	107	99	149	248	23	33	56	44	35	79	520	744	1264	495	712	1207	18.6	21.9	20.5	8.9	4.9	6.5
1951	234	312	546	40	75	115	121	149	270	31	21	52	47	57	104	514	746	1260	505	723	1228	17.2	24.4	21.3	9.3	7.9	8.5
Totals	8413	11680	20093	2794	4557	7351	1172	1703	2875	543	681	1224	3231	3405	6636												

*No Statistics prepared for years 1 915—1919 as Institution was in use as a War Hospital.

TABLE III.

Showing the Causes, Ages and Post-Mortem Examinations in the Deaths during 1951.

PRINCIPAL CAUSE OF DEATH (One Cause Only).	NUMBER OF DEATHS — AGES: Under 16		16-19		20-24		25-34		35-44		45-54		55-64		65 and over		TOTAL			No. of P.M. Examinations.
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	T	
INFECTIOUS DISEASES—																				
Paratyphoid Fevers	...	...	...	...	..	...	...	...	...	...	...	..	...	...	...	...	...	..	...	..
Influenza	...	...	...	...	...	...	...	..	...	..	...	...	...	1	..	...	...	1	1	...
GENERAL DISEASES—																				
Tuberculosis	...	...	...	...	...	...	2	...	...	..	1	...	...	...	2	..	5	...	5	4
Cancer and other Tumours	...	...	...	...	...	...	...	...	...	...	1	...	1	1	3	2	5	3	8	5
Grave's Disease	...	...	..	...	...	...	...	...	...	...	..	...	...	...	...	...	...	...	...	...
Diabetes	..	...	...	...	...	...	...	...	...	...	...	.	...	..	...	...	...	...	...	...
Aplastic Anæmia	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...
NERVOUS SYSTEM—																				
Diseases of the Spinal Cord	...	...	...	...	...	...	...	...	...	..	...	...	...	...	...	...	...	...	..	...
Cerebral Hæmorrhage, Apoplexy, etc.	...	...	...	...	...	...	...	...	..	...	1	...	1	1	5	3	7	4	11	6
General Paralysis of the Insane	..	...	...	...	...	...	...	...	...	...	..	...	...	...	...	...	...	...	...	...
Other Diseases of the Nervous System	...	...	...	...	...	..	...	...		...	...	...	...	...	...	...	..		...	...
Senility	...	...	..	...	...	..	...	...	...	...	...	...	...	...	...	...	...	...	...	...
CIRCULATORY SYSTEM—																				
Heart Disease	...	..	...	...	...	...	...	...	...	1	...	...	2	2	13	27	15	30	45	18
Myocarditis	...	...	...	...	...	..	...	...	...	...	...	..	...	...	...	..	..	...	...	...
Diseases of the Coronary Arteries	...	...	...	...	...	...	...	...	.	...	..		1	...	2	1	3	1	4	2
Arterio Sclerosis	...	...	...	...	...	...	.	...	...	...	...	...	..	...	...	...	...	...	...	..
Gangrene	...	...	..	...	...	..	..	...	...	...	...	...	..	....	..	..	...	...	..	...
Other Diseases of Circulatory System	...	..	...	...	...	...	...	.	...	...	...	...	1	..	1	1	2	1	3	3
RESPIRATORY SYSTEM—																				
Bronchitis	...	..	...	..	...	..	..	..	...	...	...	..	...	..	...	...	..	...	...	...
Pneumonia	...	...	...	1	..	...	...	...	...	...	...	2	1	2	4	5	5	10	15	6
Hypostatic Congestion of the Lung	...	...	...	...	...	...	...	...	...	...	...	..	...	...	...	...	...	...	...	...
Other Diseases of the Respiratory System	...	...	...	...	...	..	...	...	...	...	...	1	...	.	1	...	1	1	2	2
DISEASES OF THE DIGESTIVE SYSTEM—																				
Ulcer of Duodenum	...	...	...	...	...	...	...	...	...	...	.	...	...	...	1	...	1	...	1	1
Intestinal Obstruction	...	...	..	...	...	...	...	..		...	...		..	...	...	1	.	1	1	...
Peritonitis	...	...	...	..	..	...	...	...	...	...	...	...	1	...	..	1	1	1	2	2
Other Diseases of the Digestive System	...	...	...	...	...	...	...	...	...	1	...	...	...	...	...	...	..	1	1	1
NON-VENEREAL DISEASES OF THE GENITO-URINARY SYSTEM AND ANNEXA—																				
Chronic Nephritis	...	...	...	...	..	...	...	...	...	...	...	..	...	...	.	...	...	...	...	.
Other Diseases of Kidney and Annexa	..	...	...	..	..	..	..	...	...	...	..	1	...	..	1	1	1	2	3	2
DEATHS BY—																				
Cut Throat	...	...	...	...	...	..	...	...	...	...	...	...	...	...	...	...	...	...	...	...
Decapitation	...	...	...	...	..	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...
Asphyxia		..	...	..	..	...	..	...	...	...	...	...	1	..	...	1	1	1	2	1
Totals	...	...	...	1	...	...	2	..	...	2	3	4	9	7	33	43	47	57	104	53